

HEALTH

HEALTH: QUESTIONS AND ANSWERS

What are sensible weight maintenance tips?

Losing weight may not be effortless, but it doesn't have to be complicated. To achieve long-term results, it's best to avoid quick-fix schemes and complex regimens. Focus instead on making modest changes to your life's daily routine. A balanced, healthy diet and sensible, regular exercise are the keys to maintaining your ideal weight. Although nutrition science is constantly evolving, here are some generally-accepted guidelines for losing weight:

- Consult with your doctor, a dietician, or other qualified health professional to determine your ideal healthy body weight.
- Eat smaller portions and choose from a variety of foods.
- Load up on foods naturally high in fiber: fruits, vegetables, legumes, and whole grains.
- Limit portions of foods high in fat: dairy products like cheese, butter, and whole milk; red meat; cakes and pastries.
- Exercise at least three times a week.

Does freezing affect the level of nutrients contained in foods?

Fortunately, the freezing process itself does not reduce nutrients, and, for meat and poultry products, there is little change in protein value during freezing.

Are there nutritional differences between fresh foods and canned foods?

The heating process during canning destroys from one-third to one-half of vitamins A and C, riboflavin, and thiamin. For every year the food is stored, canned food loses an additional 5 to 20% of these vitamins. However, the amounts of other vitamins are only slightly lower in canned food than in fresh food.

Most produce will begin to lose some of its nutrients when harvested. When produce is handled properly and canned quickly after harvest, it can be more nutritious than fresh produce sold in stores.

When refrigerated, fresh produce will lose half or more of some of its vitamins within 1 to 2 weeks. If it's not kept chilled or preserved, nearly half of the vitamins may be lost within a few days of harvesting. For optimum nutrition, it is generally recommended that a person eat a variety of foods.

